

January 23, 2020

DOH-CITRUS HOSTS FREE DIABETES CLASSES

CONTACT:

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Anyone looking to discover fresh, practical ways to manage their diabetes and live a healthier life is invited to attend the Florida Department of Health in Citrus County (DOH-Citrus) and Elder Options' Diabetes Empowerment Education Program from noon to 2 p.m., starting on Wednesday, February 5 at the Coastal Region Library, 8619 W. Crystal St. in Crystal River.

The six-week course is open to the public and provided at no cost on these dates: February 5, February 12, February 19, March 4, March 11, and ends March 18. Participants will receive tools and information to manage and take control of their health through a series of interactive sessions. The program covers the following topics:

- Diabetes risk factors
- Identification and prevention
- Medications and medical care
- Understanding how the body works
- Monitoring your body
- Mobilizing family and friends
- Meal planning
- Physical activity

To register, call 352-513-6077 or email Carmen.Hernandez@FLHealth.gov. Seats are limited and registration is required.

For more information about DOH-Citrus, visit www.CitrusCountyHealth.org or follow us on Twitter at [@FLHealthCitrus](https://twitter.com/FLHealthCitrus).

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](http://www.nabph.org), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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